



## **INDICATOR: Self-Nurturing**

**Threshold: A raw score of 5 or below identifies poor self nurturing.**

### **Specific indicators:**

- Little time dedicated to relaxation.
- Little time spent in self-reflective activity.
- Little capacity to achieve balance.

### **Does the patient:**

- have the personal skills to replenish the self?
- unbalanced work/family life?
- feel centered?

### **Interventions:**

- Explore patient's level of interest.
- Refer to Rehabilitation Medicine.
- Refer to Recreational Therapy.
- Provide relaxation chair.
- Recommend complementary and alternative medicines (e.g., acupuncture, biofeedback, yoga).



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